What is claimed is:

add Cl4

1. ~~A sports board that is ridden by a person standing~~ upon it, comprising:

an elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge and a right edge, and one or more longitudinally elongated cavity forming sections.

2. A sports board as recited in claim 1, wherein the elongated metal board includes a top wall, a bottom wall and N longitudinally elongated support walls that define N-1 longitudinally elongated cavity forming sections.

3. A sports board as recited in claim 1, wherein said one or more longitudinally elongated cavity forming members extend from the front end to the rear end of the board.

4. A sports board as recited in claim 1, wherein the sports board is made of an aluminum material.

5. A sports board as recited in claim 1, wherein the sports board is made of a titanium material.

6. A sports board as recited in claim 1, wherein said metal board has an arcuate shaped front end and an arcuate shaped rear end.

7. A sports board as recited in claim 6, wherein end guards are secured to said front and rear ends of said metal board by said one or more longitudinally elongated cavity ~~forming sections.~~

~~8. A sports board as recited in claim 1, wherein said~~ metal board has a bent-up front tip portion and a bent-up rear tip portion.

9. A sports board as recited in claim 2, further comprising front and rear skateboard trucks secured to said bottom wall of said metal board.

10. A sports board as recited in claim 1, wherein said board deflects less than 0.162 in. with a load of 200 lbs.

11. A sports board as recited in claim 1, wherein said board deflects less than 0.203 in. with a load of 250 lbs.

12. A sports board as recited in claim 1, wherein at least one of said one or more longitudinally elongated cavity-forming sections includes a filler.

13. A sports board as recited in claim 12, wherein said filler is a member selected from the group consisting of foam, foam plastic, wood, wood composite, compressed air, and an inflatable bladder.

14. A sports board as recited in claim 1, wherein said one or more longitudinally elongated cavity-forming sections includes a generally rectangular cross section.

~~15.~~ A sports board as recited in claim 1, wherein said metal sports board includes a length L1 of 24-60 inches, a width W1 of ~~5-12 inches~~, and a height H1 of ~~.200-.800 inches.~~

16. A sports board as recited in claim 1, wherein said metal sports board includes a length L1 of 24-72 inches, a width W1 of 6-25 inches, and a height H1 of .200-.800 inches.

17. A sports board as recited in claim 1, wherein said metal sports board includes a length L1 of 24-65 inches, a width W1 of 6-35 inches, and a height H1 of .200-.800 inches.

18. A method of manufacturing a sports board, comprising:

providing an elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated hollow sections; and

shaping the metal board near said front end and rear end at a predetermined angle.

19. A method of manufacturing a sports board as recited in claim 18, further including annealing the metal board before shaping the metal board.

20. A method of manufacturing a sports board as recited in claim 18, wherein the step of providing an elongated metal board includes extruding a metal board.

21. A method of manufacturing a sports board as recited in claim 18, wherein the step of providing an elongated metal board includes casting a metal board around a filler material.

22. A method of manufacturing a sports board as recited in claim 21, wherein said filler material is a member selected from the group consisting of foam, foam plastic, wood, wood composite, compressed air, and an inflatable bladder.

23. A method of manufacturing a sports board as recited in claim 18, wherein said step of providing a metal board includes providing a metal board in less than a T-5 tempered hardness condition prior to shaping the metal board.

24. A method of manufacturing a sports board as recited in claim 18, wherein said metal board is made of an aluminum material.

25. A method of manufacturing a sports board, comprising:

extruding an elongated metal board made of an aluminum alloy, the elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated hollow sections;

shaping the elongated metal board; and

hardening the elongated metal board by subjecting the metal board to a heat treatment process.

26. A method of manufacturing a sports board as recited in claim 25, wherein the aluminum alloy is a 6000 series alloy.

27. A method of manufacturing a sports board as recited in claim 25, wherein the aluminum alloy is a 6005 alloy.

28. A method of manufacturing a sports board as recited in claim 25, wherein the metal board is in a T-4 tempered hardness condition before shaping the elongated metal board and is hardened by said heat treatment process to at least a T-5 hardness condition after shaping the metal board.

~~29. A method of manufacturing a sports board as recited in claim 25, further including annealing the elongated metal board prior to shaping the metal board.~~

30. A method of manufacturing a sports board as recited in claim 29, wherein the aluminum alloy is a 6000 series alloy.

31. A method of manufacturing a sports board as recited in claim 25, wherein the aluminum alloy is a 6061 alloy.

32. A method of manufacturing a sports board as recited in claim 25, wherein the metal sports board is annealed to a T-0 tempered hardness condition.

33. A method of manufacturing a sports board as recited in claim 25, wherein the metal sports board is hardened by the heat treatment process to at least a T-5 tempered hardness condition after shaping the metal sports board.

34. A method of manufacturing a sports board, comprising:
providing an elongated metal board;
annealing the elongated metal board;
shaping the elongated metal board; and
hardening the elongated metal board.

35. A method of manufacturing a sports board as recited in claim 34, wherein annealing includes annealing to less than a T-5 hardness condition.

36. A method of manufacturing a sports board as recited in claim 34, wherein hardening includes hardening to at least a T-5 hardness condition.